

Crunchy Baked Fish



Maine's RSU12 took part in the Fishermen Feeding Mainers program and received donated fish directly sourced from Maine fishermen! They created many tasty recipes, including this Crunchy Baked Fish recipe that pairs well with Chef Mike Flynn's Aoili Dips.

Yield: 35 servings

Ingredients:

- Fresh or frozen fish: 10lbs – estimate yield approx. 35 portions at 3oz pieces
- 2 cups vegetable oil
- 2 Tb onion powder
- 2 Tb garlic powder
- 1 cup parmesan cheese, finely grated
- 2 cups bread crumbs
- 1/4 cup dried parsley

Breading Station Preparation:

1. Mix oil with onion and garlic powder
2. Mix dry ingredients – bread crumbs, parmesan cheese and parsley
3. Separate oil into two equal containers – purpose is to control coating quality, during production of breading fish
4. Separate crumbs into two equal containers – purpose is to control coating quality, during production of breading fish

Fish Breading/Baking Steps:

1. Dip fish portions in oil, suspend to let drain
2. Coat (“firm pack”) in crumbs
3. Place fish on sheet pan = 30 pieces per full size sheet pan
4. Cook at 350 degrees for 30 minutes and temp to 145, cooking longer if needed